



**The
New Voice News**



New Voice Club of Broward County
Serving the tri-county area
of southeast Florida
www.newvoiceclub.org

December 2007

Editor:
Mike Rosenkranz
(954) 236-0980
smike24@comcast.net

~JOIN US FOR OUR HOLIDAY PARTY~
ENTERTAINMENT AND PLENTY OF FOOD
Just bring your appetites and Holiday Spirit
~ Sunday, December 16th, Noon to 2:30 p.m. ~
Conference Center Atrium at Holy Cross Hospital
4725 N. Federal Hwy, Ft. Lauderdale, FL (south of Commercial Blvd)

From I-95, east on Commercial Blvd to Federal Hwy (U.S.1) Turn R (south) on Federal Hwy to 47th St. (1st street after the Holy Cross Main Entrance). Turn R onto 47th Street to the Ortho Parking Lot on your right. Park anywhere in the parking lot. Conference Center is the building to the right.
Look for New Voice Club Banner

Laryngectomy Visitation Program
Penelope Stevens Fisher MS, RN, CORLN

The idea of a patient helping patients, who are getting through the journey of being a Laryngectomee, began with the first survivor asking "Now what?"

The International Association of Laryngectomees was founded in 1952. Soon after that, it partnered with the American Cancer Society to unite efforts in total rehabilitation for the Laryngectomee. Jointly they published a document entitled the Laryngectomee Visitor Program Manual. The manual set an outline of topics pertinent to a well-orchestrated visit of a veteran Laryngectomee visiting a potential or new Laryngectomee. Programs across America began to take place. In 1971, Shirley J Salmon PHD., Speech-Language Pathologist of the Veterans Hospital, Kansas City Missouri published Guidelines for Hospital Visitation. Armed with these documents and the experiences of New Voice club leaders and health care providers, various programs were put in place to help the new or potential Laryngectomee.

In 1993 at the Moffitt Cancer Center, Tampa, Florida such a program was initiated. The IAL/ACS manual was the guideline. Co-founders Penelope S Fisher RN and Paula A Sullivan CCC-SLP felt that a multidisciplinary collaborative team approach would foster a more comprehensive opportunity for enhancements of outcomes. This was embraced by the newly formed Tampa Bay Chatterbox club leaders, Bill Berkins and Jerry Hough. The program was an all day event hosted by Moffitt. A system of matching the graduates with new and or potential Laryngectomees was established through the Tampa Bay American Cancer Society and Penelope Fisher. The program was successful and had several graduation classes.

In 1993 at the Moffitt Cancer Center, Tampa, Florida such a (cont'd on page three)

President:
Warren Goodman
(561) 737-9122

1st Vice President:
Allan Smith
(954) 724-1971

2nd Vice President:
Ralph Friedman
(561) 495-8644

Secretary:
Ruth Henegan
(954) 968-3198

Treasurer:
Lenny Weinstein
1427 E. Hillsboro Bv
#529
Deerfield Beach, FL

Visitation & Liaison:
Earl Mogk
141 Eleuthera Drive
Dania Beach, FL 33004
(954) 929-0136
earlmogk@wmconnect.com

Directors:

Howard Grabowski

Earl Mogk

Gary Morey

Mike Rosenkranz

Patty Sewell

Richard Willenborg





What's Doing Around Town

The Education Committee of the New Voice Club of Broward had a productive year orienting twenty-one future SLPs at our monthly meetings, speaking to an additional twenty students at their Nova clinic, and putting on two presentations to speech therapy students at FAU in Boca Raton. At least nine new laryngectomees attended one of our area meetings for the first time, and three others were visited at home. These are incomplete figures, because we did not receive final reports from all members of the committee.

Pascale's Meeting: Only a handful of *old-timer* members were present November 7th to hear the exciting possibilities for future enhancements to the monthly meetings and to the Visitation Program. Multiple discussions and arrangements must still be completed, but there may well be an exciting announcement at the December meeting. Stay tuned!!

Penny's Meeting: A full audience enjoyed a presentation by Karon Rzad RD LDN CDE CPT on November 13th at UMSylvester/Deerfield, with many tips for good nutrition, especially around the holidays. We were treated to a sample of one of her suggested recipes during the meeting. Karon has extensive background in working with cancer survivors and is a complementary nutritionist. She offered numerous tips on enhancing the body's ability to fight and recover from cancer, while answering many questions about meal preparation.

Lynn's Meeting: There was a full house meeting with Lynn on the 15th. We were happy to see Frank Argiento who just joined our group in October and speaks so well with his hands/free TEP. We welcomed new participant Chris Canter, who is about to start a regimen of chemo/radiation therapy locally, and will undergo his laryngectomy surgery in January at the University of Florida. Much of the meeting was devoted to offering support to Chris and in helping him find his *sweet spot* and become more comfortable in the use of his loaner electro-larynx.

Holy Cross Meeting: Our meeting was held at the Cancer Center because of ongoing alterations at the Conference Center. A fine turnout heard Scott Brooks, RN, BSN, National Sales Manager of Atos Medical, enlighten us on the latest products being offered by Atos, and what we may expect to see introduced in the foreseeable future. Scott advised that Atos is the only company that will take assignment on most of their products, including electrolarynges, and that there is free shipping for those who order online. Seventeen larys, nine caregivers and Julie Makogon, a Nova graduate SLP student were present. We welcomed Archie and Helen Smith who were attending their first meeting. Archie's lary surgery was just four months ago. Our thanks to Charlie and Kathy Sneckenburg who supplied the refreshments for the meeting.

Warren announced that *Treble in Paradise* will entertain us at our Holiday Party on December 16th, which will be held in the Atrium of the Conference Center from noon until 2:30. We'll have a brief meeting at noon, and the party will run from 12:30 to 2:30. Food and entertainment will be provided by the club as our holiday gift to all. Just show up and bring your appetites and holiday spirit.

Upcoming Events

**WE INVITE YOU TO JOIN US
AT OUR HOLIDAY PARTY**
FOOD AND ENTERTAINMENT WILL BE PROVIDED
AS OUR HOLIDAY GIFT TO ALL
Sunday, December 16th Noon to 2:30
In the Atrium at the
Conference Center - Holy Cross Hospital
4725 North Federal Highway, Ft. Lauderdale
(U.S. 1 just south of Commercial Blvd.)
Use Orthopedic Parking Lot next to Conference Ctr

Support Group Meeting
HealthSouth Rehabilitation Hospital
4399 Nob Hill Road, Sunrise, FL 33351
Pascale Bourne MA, CCC-SLP
1st Wednesday of each month
Next meeting December 5th
10:30 – 11:30 a.m.
More information: (954) 746-1340

Support Group Meeting
Boca Raton Community Hospital
Davis Therapy Center
Oaks Plaza, Glades Road at 13th Street
Lynn Carrier MS, CCC-SLP
3rd Thursday of each month
Next Meeting - December 20th
10:30 - 11:30 a.m.
More information: (561) 955-2100 Ext 7430

Veterans Medical Center
7305 N. Military Trail
West Palm Beach, FL 33410
Loren Blumenthal, M.S.P.A., CCC-SLP
Veterans Laryngectomee Group
(Veterans & family members only)
2nd Thursday of each month
Next Meeting - December 13th
11a.m. - 12 noon
More information (561) 422-6237

UMSylvester/Deerfield
Comprehensive Cancer Center
1192 East Newport Center Drive, Suite 100,
Deerfield Beach
Penny Fisher MS, RN, CORLN
Mort Silverblatt SPOHNC Support Group
2nd Tuesday of each month
Next Meeting - December 11th
1:30 - 3:00 p.m.
Join us for our Holiday Party
More information (305) 243-4952

Laryngectomy Visitation Program

(cont'd from page one)

Penelope Stevens Fisher MS, RN, CORLN

program was initiated. The IAL/ACS manual was the guideline. Co-founders Penelope S Fisher RN and Paula A Sullivan CCC-SLP felt that a multidisciplinary collaborative team approach would foster a more comprehensive opportunity for enhancements of outcomes. This was embraced by the newly formed Tampa Bay Chatterbox club leaders, Bill Berkins and Jerry Hough. The program was an all day event hosted by Moffitt. A system of matching the graduates with new and or potential Laryngectomees was established through the Tampa Bay American Cancer Society and Penelope Fisher. The program was successful and had several graduation classes.

In 2004, the above program was revised and re-established in Florida's Broward County's New Voice Club. Again a multidisciplinary team approach was the blueprint. Collaboratively, the New Voice Club President Carl Kilmer, club members Mike Rosenkranz, Lenny Weinstein, Gary Morey, Larry Switzer, Pascal Bourne, SLP, and Penelope Fisher updated and enhanced the program. Penelope Fisher converted the program into modules with learning objectives and outcomes evaluation tools. This updated version was also presented at the annual Florida Laryngectomee meeting in 2005.

The importance of sharing this information is in the old adage, "Use what is available and build on its value." The amount of thought and time that has been given to this most valuable entity of the rehabilitation of the Laryngectomee has been paramount by support groups, organizations, health care providers and Laryngectomees. It is the belief that one can survive the experience if education and support are forth coming. Who better to build trust than a veteran Laryngectomee as a prepared visitor. Motivation and the beginning of acceptance is created by one who has walked the journey.

So, what is important for a veteran Laryngectomee to share with a new or potential laryngectomee? Each member of the multidisciplinary team may have a specific thing that, to them, is most important to the future laryngectomee but it is freedom of pain and cancer that is most

important to the future laryngectomee but it is freedom of pain and cancer that is most needed. Followed by understanding what it is.

To do this well, several aspects must be considered. Interactive people skills, communication approaches and the learning style of the new patient all will be important. Environmental settings, comfort zones, time frames, presentations skills and certainly medical information all play integral roles as well. Readiness to explore the information and seek more knowledge is the starting point.

At the Sylvester Comprehensive Cancer Center University of Miami, patients are invited to meet a veteran laryngectomee, receive a call from a graduate of the training program, receive a copy of the New Voice Newsletter, meet the Clinical Nurse Specialist for process and explanation, and see the Speech Pathologist for types of communication available.

The table below, with suggestions taken from IAL, ACS, programs mentioned above demonstrates the Do's and Don'ts that should be practiced by the laryngectomee visitor:

| Visitation Do | Visitation Don't |
|----------------------------------------------------------------------|--------------------------------------------------------------------|
| Get an invitation and needed info | Discuss medical procedures |
| Make an appointment | Overstay time limits |
| Introduce self tell date of surgery and type of communication method | Share details or bias of post communication methods |
| Leave a printed educational handout and a resource number to call | Leave or give too much information that may overload the situation |
| Answer questions accurately with confidence. Volunteer to facilitate | Finding of answer through the team |
| Give examples of stories heard | Do not give more information then asked for |
| Practice good listening and | Monopolize the visit or domi- |
| Offer empathy | Offer sympathy |
| Report back to care provider | Break confidentiality guidelines |

This is only a small segment of a visit. Several different topics are and need to be discussed and each adds to the whole.
(cont'd column one page four)



December Birthdays

- 1st Rick Roughsedge
- 3rd Francisco Suarez
- 4th Pamela Cintron
- 6th Flori Goodman
- 6th Bob Henegan
- 8th Joe Esposito
- 8th Concepcion Tolentino
- 10th Sylvia Rosenkranz
- 11th Mary Hopping
- 11th George Ostrander
- 12th Pascale Bourne
- 25th Helen McGiff
- 29th Barbara Kimble

Happy Birthday to All

(cont'd from page three)

Every laryngectomee has the right for understandable education and a visit from a prepared veteran Laryngectomee.

Penny has developed a very comprehensive Laryngectomee Visitation Training Program and she would like additional input as to what makes a successful program. Hopefully, with additional input from VoicePoints readers, Penny will be able to expand upon her program and will then be able to share the specifics of this comprehensive training program that she has developed. Please share any ideas with Penny at the above email address.

What might help all of us, is a better chance to share what has worked in your practice and how do we disseminate the ideas into a forum for all involved in visiting the new and/or potential Laryngectomee. An overall comprehensive tool could be developed, implemented across laryngectomee support groups, Laryngectomee leaders, health care providers and institutions. It is then that outcomes could be measured.

If this is a passion with you, get in touch with Penny!
www.pfisher@med.miami.edu

*Reprinted from Whispers on the Web,
a WebWhispers publication*

Move It!!

Your body was designed to move, and when you move, you feel better. Movement oxygenates your body, and oxygen energizes your muscles and every system in your body. When you move, your immune system is strengthened, you breathe easier, think more clearly, have improved mood, and sleep better.

The bottom line is *movement*. Now before you say, "Well, this doesn't apply to me because I'm confined to a wheelchair/bed/medieval torture device masquerading as medical equipment," please keep reading because there is something here for you, too.

The activity you choose will, of course, depend on your current level of fitness, the schedule and type of medical treatments you are undergoing, and your doctor's recommendations. But here are some ideas, and these are just for starters.

Chair/Bed Aerobics - There are some great DVDs available at Amazon.com and other online booksellers. Even when confined to bed, you can move individual parts of your body enough to get the oxygen flowing and blood circulating, making you feel energized and more positive.

Walking has been called "the perfect exercise" because you already know how to do it, the risk of injury is minimal, and it provides most of the health benefits of other forms of exercise. You can do it at your own pace and in your own space, even if right now that means walking from the bed to the bathroom and back, walking around the kitchen table, to the end of the driveway or the block. Do what you can today. Then do a little more tomorrow.

Tai chi (ti-CHE) is sometimes described as "meditation in motion." Health benefits include stress reduction, greater balance and increased flexibility. To do tai chi, you perform a defined series of postures or movements in a slow, graceful manner. Each movement or posture flows into the next without pausing.

QiGong means "life force," and QiGong is specifically designed to cultivate this energy, using it to heal and strengthen every system throughout the body. QiGong's gentle, rhythmic exercises mirror the movements of nature, especially the fluidity of water. Combined with simple breathing techniques, QiGong is uniquely suited to relieving stress, boosting the immune system, and increasing the body's innate healing abilities.

Yoga - Traditionally, yoga is a method joining the individual self with the Divine, Universal Spirit, or Cosmic Consciousness. Physical and mental exercises are designed to help achieve this goal. On the physical level, yoga postures, called *asanas*, are designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all the bodily systems healthy. On the mental level, yoga uses breathing techniques (*pranayama*) and meditation (*dyana*) to quiet, clarify, and discipline the mind.

And of course there are many, many other forms of healthful movement - swimming, riding a bicycle, gardening, skating, etc. Choose something you enjoy and do that today. Call your local YMCA or hospital affiliated health and wellness center and ask about classes so you can learn something new tomorrow. Above all, try to have some fun!

Reprinted from the Cancer Crusade August 17, 2007